



Peacock Press

Naval Postgraduate School

MARCH/APRIL 2006

Easter Brunch

Sunday, 16 April 2006
Barbara McNitt Ballroom
10:30 am-2:00 pm

SALADS

Fresh Spinach Salad with Honey and Sesame Dressing
Grilled Vegetable Salad with Pesto
English Cucumber with Calamari and Lime Dressing
Artichoke with Buffalo Mozzarella
Eggplant Salad with Capers and Oregano
Fresh Fruits

ENTREES

Chef made to order Gourmet Omelet Station featuring
Mushrooms, Red Peppers, Spinach,
Sun Dried Tomatoes, Assorted Cheeses and Salsa

French Toast with Blueberry Sauce
Biscuits and Gravy
Fresh Bacon and Sausage
Grilled Red Potatoes with Herbs

Chef Carved Slow Roasted Beef with Au Jus
and Horseradish

Crusted Salmon Florentine with Pickled
Ginger Cream Sauce
Grilled Free Range Chicken Breast with Grape
and Balsamic Demiglace Sauce
Basmati Rice with Wild Mushrooms

SEAFOOD BAR

Fresh Peel and Eat Shrimp on Ice with Cocktail Sauce

DESSERT

A selection of Fine Pastries, Pies and Berries
Coffee and Juice

No Host Bar. Cocktails and Soft Beverages available.

Adults \$24.50 Kids 5-10 \$12.25
Kids 2-4 \$3.00 Under 2 FREE
Gratuity included

Reservations are required.

Please call (831) 656-2170.



ST. PATRICK'S DAY PARTY

Friday, 17 March 2006
Trident Room at 1600

Come join us for

ST. PATRICK'S DAY DINNER SPECIAL

We will serve Irish Coffee for \$5.25

SOUP

Ham and Pea Soup served with Irish Soda Bread \$2.75

ENTREE

Well Seasoned Black Angus Corned Beef
served with Braised Carrots, Fresh Cabbage,
Baby Red Potatoes, Yellow Mustard
and Horseradish \$8.75

DESSERT

Irish Chocolate Cakes \$3.50

Reservations are required.

(Select a Trident Room mug and see if you have one
with gold a coin redeemable for prizes).

Entertainment will be provided by DJ Derek Brown.

For information, call Rachel at 656-7955 or
e-mail rssierpi@nps.edu.



LEISURE FUN FAIR

Tuesday, 18 April 2006
Barbara McNitt Ballroom
11:00 am-1:30 pm

Find out from our vendors what there is to
do locally and throughout California!

OVER 30 VENDORS!

WIN! WIN! WIN!

Fabulous prizes!

All MWR patrons are invited.

Call 656-3223 for more details.

Visit our website: www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

RDML Richard H. Wells USN
President

COL David Smarsh USAF
Chief of Staff

Pete Dausen
Director, Base Operations Support

Megan Ryan
Quality of Life Director

Darlene Raish
Leisure Services Manager

Dan Tracy
Golf Course/RV Campground
Acting Manager

Maria Kraycirik
Child Development Program Director
(Acting)

Steve Duran
Youth Program Director

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales Manager

Cecilia S. Legario
Marketing Coordinator

The Peacock Press is a bi-monthly publication of the MWR Department, Naval Postgraduate School, Monterey. Information may be subject to change without notice.

All phone numbers are in area code (831)



March Schedule of Classes

TRANSITION AND FAMILY EMPLOYMENT ASSISTANCE

Resume Writing - Mar 7, 1-3 pm, FFSC, Bldg 3 Conference Room.

Interviewing Skills - Mar 14, 10 am-12 noon, FFSC, Bldg 3 Conference Room.

Federal Employment System - Mar 22, 1-3 pm, FFSC, Bldg 3, Conference Room.

CARIT (Career Information Team) Briefing - March 31, 1-5 pm, FFSC, Bldg 3 Conference Room.

Electronic Job Banks - Mon-Fri, Computer time available, FFSC, Bldg 1, Career Resource Room.

Resume and Federal Application Review - No appointment is necessary. Available at FFSC, Bldg 1

Family Employment Assistance - Mon-Fri, by appointment, FFSC, Bldg 1.

Volunteer Program - Volunteer opportunities are available at FFSC Bldg 1.

FINANCIAL

Savings and Investments - Mar 1 & 8 1:30-3 pm, FFSC, Bldg 3, Conference Room.

Car Buying Strategies (Pay less \$) - Jan 26, 1:30-3 pm FFSC, Bldg 3, Conference Room.

Uniform Services TSP Overview (new changes) Mar 6, 13, 20 & 27, 12-1:30 pm, FFSC, Bldg 3 Conference Room.

Individual Financial Counseling: Mon-Fri, by appointment, FFSC, Bldg 1, (FFSC Counselor).

PARENTING, FAMILY AND COUNSELING

Chess Club - Building Confidence: Beginning Class, K thru 3rd grade every Wednesday from 1:15-2:15 pm, at La Mesa Activity Center.

Advanced Chess Club Class: 4th grade and above - every Wednesday from 2:25-3:25 pm, La Mesa Activity Center.

Toddler Group: Every Friday 10-11:15 am, La Mesa Activity Center.

Individuals, Couples & Family Counseling: Mon-Tues, Thurs, Fri: 8:30 am - 4:30 pm, FFSC (2nd floor); Wed: 10 am-4:30 pm, FFSC (2nd floor)

RELOCATION, INFORMATION & REFERRAL

Smooth Move: Every Thurs & Fri, 9-10 am, FFSC, Bldg 1.

For full description of FFSC workshops, visit us at <http://www.nps.edu/ffsc/index.html> or call 656-3060.



PRESENT: NAVY Entertainment

The Comics On Duty World Tour
LIVE AT

Monterey NPS!







Steve Bills www.comicsonduty.com
Tom Foss www.tomfoss.net
Derek Richards www.derekrichards.com
Troy Thordgill www.troythordgill.com

CATCH THIS ALL HEADLINER SHOW FREE

Barbara McNitt Ballroom, Herrmann Hall - NPS

Tuesday, 09 May 2006 - 7:00 pm

Pre-Show

**Prime Rib Dinner Special available in the Ballroom
starting at 4:30 pm.**

Reservations are required for dinner.

**No Host Bar
Cocktails and Soft Beverages available.**

**For more information, please contact
(831) 656-7953 or 7955.**



Outdoor Recreation
Presidio of Monterey
Bldg. 228, Lewis Hall, POM
Open M-F 10:30 am - 2 pm & 3-6 pm
Tel: (831) 242-6133/5506
Check out www.pom-odr.com

ADVENTURE SPORTS	DATE	COST
Knot Tying Class	Mar 2, 2006	\$20.00
Rock Climbing	Mar 4, 2006	\$40.00
Surf Lessons	Mar 11, 2006	\$40.00
Kayak and Snorkel	Mar 18, 2006	\$50.00
Spring Break Yosemite Hike & Climb	Mar 20-24, 2006	\$169.00
Castle Rock Climb	Mar 25, 2006	\$50.00
Big Sur Safari	Mar 24-26, 2006	\$149.00
Big Sur Camping	Mar 31-Apr 2, 2006	\$59.00
Surf Lessons	Apr 1, 2006	\$40.00
Rock Climb	Apr 8, 2006	\$50.00
Global Positioning System (GPS) Easter Egg Hunt	Apr 15, 2006	\$40.00
White Water Rafting	Apr 14-16, 2006	\$149.00
Yosemite Rock Climb	Apr 21-23, 2006	\$149.00
Kayak and Snorkel	Apr 22, 2006	\$40.00
Ski and White Water Rafting	Apr 28-30, 2006	\$149.00
Lake San Antonio Water Ski	Apr 29-30, 2006	\$149.00



Single Sailors

UPCOMING EVENTS

BEQ COOKOUT: Wednesday, 1 March 2006 at 1730. Just bring your appetites!!!

Hockey Game: San Jose Sharks and Dallas Stars Saturday, 18 March 2006 - Cost: \$10.00 (NPS Navy single enlisted & geo bachelors), \$45.00 (all other military and guest). Cost includes: transportation and ticket to game. Depart NPS Exchange at 1045 (game time: 1300) Section 218; Rows 13-14. Sign up by Monday, 13 March 2006 through the ITT Office. SPACE IS LIMITED!

BEQ COOKOUT: Wednesday, 1 April 2006 at 1730. Just bring your appetites and enjoy!

Salmon Fishing: Fisherman's Wharf, Monterey: Sunday, 9 April 2006. Cost: \$10.00 (NPS Navy single enlisted and geo bachelors). \$65.00 (all other military and guest, price does not include tackle and fishing license). Sign up by Monday, 3 April 2006 through the ITT Office. SPACE IS LIMITED!

For more information, call Rachel at 656-7955.



The Navy Lodge's objective is to provide every guest with affordable, clean, comfortable and well-appointed accommodations for military personnel and their families. Navy

Lodges serve all active duty military members and their families, retired military, members of the Armed Forces Reserves and Department of Defense personnel on official orders. You work hard to find the best accommodations at the best rate. We work just as hard to deliver them plus we add great service! The Navy Lodge is committed to providing our guest the best value anywhere. For

ANNUAL ROMAN PLUNGE BEACH VOLLEYBALL GAME 3 ON 3

Friday, 7 April 2006
Time: 1400

Join us for fun in the sun! Music, food and prizes!!!

Interested in participating in this event, please sign up at the Monterey Bay Athletic Club or e-mail skrobins@nps.edu.

Act NOW - space is LIMITED!

For more information, please call 656-7955.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Every Monday Dinner Special Trident Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50</p>	<p>Try our popular Tuesday Night Dinner Special Trident Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB Adults \$13.00 Kids 5-10 \$6.95</p>	<p>1</p> <p>THE GREATEST GAME EVER PLAYED (PG) 1800 FAMILY NIGHT Dinner Special Trident Room 1600-2100 BRAISED BEEF SHORT RIBS Adults \$9.00 Kids 5-10 \$4.95</p>	<p>2</p> <p>Every Thursday Dinner Special Trident Room 1600-2100</p> <p>CHICKEN FAJITAS Adults \$8.50 Kids 5-10 \$4.25</p>	<p>3</p> <p>CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN" PROMOTIONS</p>
<p>6</p> <p>SERENITY (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>7</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>8</p> <p>DREAMER (PG) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>9</p> <p>Trident Room 6 X 6 SPECIAL Monday-Friday Order one of our deli- cious hamburgers or cheeseburgers by 6:00 pm and pay only \$6.00. This burger ships with choice of fries or slaw, & one of our ten draft beers or a fountain beverage.</p>	<p>10</p> <p>CAFÉ DEL MONTE HOURS MON-THURS 0630-1600 FRI 0630-1430</p> <p>BREAKFAST 0630-0830 LUNCH 1045-1400</p>
<p>13</p> <p>40 YEARS OLD VIRGIN (R) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>14</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>15</p> <p>YOURS MINE AND OURS (PG) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>16</p> <p>Dinner Special CHICKEN FAJITAS</p>	<p>17</p> <p></p> <p>ST. PATRICK'S DAY PARTY Trident Room 1600</p> <p>ST. PATRICK'S DAY 5K RUN Gym front parking 1500</p>
<p>20</p> <p>PRIDE & PREJUDICE (GP) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>21</p> <p>TRIDENT ROOM APPETIZER SPECIAL</p> <p>Buy one appetizer at \$4.00 or greater get the 2nd appetizer for \$2.00</p> <p>Bring a friend!</p>	<p>22</p> <p>MADAGASCAR (PG) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>23</p> <p>Dinner Special CHICKEN FAJITAS</p>	<p>24</p> <p>TRIDENT ROOM TGIF FREE APPETIZERS OFFERED EVERY FRIDAY AT 1600</p> <p>DINNER SERVICE 1600-2100</p>
<p>27</p> <p>NORTH COUNTRY (R) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>28</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>29</p> <p>PRIME (PG 13) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>30</p> <p>Dinner Special CHICKEN FAJITAS</p>	<p>31</p> <p>MONTEREY PINES 19TH HOLE GRILL WEDNESDAY LUNCH SPECIAL</p> <p>CHICKEN GUMBO WITH RICE \$5.75</p> <p>CALL 656-2167</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Monday 6, 13 & 27 Dinner Special Trident Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50</p>	<p>Tuesday 7, 21 & 28 Dinner Special Trident Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB \$13.00 Kids 5-10 \$6.95</p>	<p>FAMILY NIGHT Dinner Special Trident Room 1600-2100</p> <p>BRAISED BEEF SHORT RIBS Adults \$9.00 Kids 5-10 \$4.95</p>	<p>Every Thursday Dinner Special Trident Room 1600-2100</p> <p>CHICKEN FAJITAS Adults \$8.50 Kids 5-10 \$4.25</p>	<p>MONTEREY BAY ATHLETIC CLUB OPEN MONDAY-FRIDAY 5:30 AM-9:00 PM SATURDAYS 8:00 AM-4:00 PM SUNDAYS 11:00 AM-4:00 PM CLOSED ALL FEDERAL HOLIDAYS</p>
<p>3</p> <p>TWO FOR THE MONEY (R) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>4</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>5</p> <p>ZATHURA (PG) 1900</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>6</p> <p>TRIDENT ROOM APPETIZER SPECIAL</p> <p>Buy one appetizer at \$4.00 or greater get the 2nd appetizer for \$2.00</p> <p>Bring a friend!</p>	<p>7</p> <p>MONTEREY NAVY FLYING CLUB OFFERS EXCELLENT OPPORTUNITIES FOR AIRCRAFT RENTALS, RECREATIONAL FLYING AND PROFESSIONAL FLIGHT TRAINING. INFO, CALL 372-7033</p>
<p>10</p> <p>WALK THE LINE (PG 13) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>11</p> <p>Trident Room 6 X 6 SPECIAL Monday-Friday Order one of our deli- cious hamburgers or cheeseburgers by 6:00 pm and pay only \$6.00. This burger ships with choice of fries or slaw, & one of our ten draft beers or a fountain beverage.</p>	<p>12</p> <p>FANTASTIC FOUR (PG 13) 1900</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>13</p> <p>Dinner Special CHICKEN FAJITAS</p>	<p>14</p> <p>BLUEWATER COVE MARINA UNDER THE MANAGEMENT OF MONTEREY SAILING OFFERS DISCOUNTED INSTRUCTION AND CHARTER RATES FOR NPSSA MEMBERS. CALL: 656-3818</p>
<p>17</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>18</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>19</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>20</p> <p>Dinner Special CHICKEN FAJITAS</p>	<p>21</p> <p>THE TECH CONNECTION/TEEN & YOUTH CENTER OFFERS BOYS AND GIRLS CLUB OF AMERICA PROGRAMS. FOR MORE INFO, CALL 656-2127.</p>
<p>24</p> <p>DOOM (R) 1900</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>25</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>26</p> <p>FAT ALBERT (PG) 1900</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>27</p> <p>MONTEREY PINES 19TH HOLE GRILL WEDNESDAY LUNCH SPECIAL</p> <p>CHICKEN GUMBO WITH RICE \$5.75</p> <p>CALL 656-2167</p>	<p>28</p> <p>THE CHILD DEVELOPMENT CENTER IS OPEN TO ACTIVE DUTY MILITARY, RESERVISTS IN ACTIVE DUTY STATUS & DOD CIVILIANS. CALL 656-2734</p>



**Located in
HERRMANN HALL
near the
QUARTERDECK**

**Open
Monday-Friday
9:30 a.m. - 1:30 p.m.
2:30 - 4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

MARCH	UPCOMING ITT TOURS	PRICE
4	San Fran Museum: Legion of Honor/ Presidio Trust/The De Young	\$35.00
4	"CATS" Matinee Performance	\$65.00
28	Winchester Mystery House	\$37.00
APRIL		
4	San Jose Sharks vs. Anaheim Ducks	\$48.00
11	Lion King Best of Broadway	\$65.00
25	Horn Blower Brunch Cruise	\$85.00

SEE'S CANDY



Got a sweet tooth? Need a little pick me up? See's candy bars now on sale at the ITT Office. Chocolate almond bar for \$1.50; Awesome peanut brittle bar for \$1.00.



**Universal Studios
Buy-A-Day
Get-A-Year free!**

After entering the park with the ticket you purchased from ITT, exchange it at the season pass office for your 1 year free pass while supply lasts!

New Ride

"Revenge of the Mummy" roller coaster

New attractions

"Van Helsing's Fortress of Dracula" and Fear Factor, live!"

DEEP SEA FISHING & WHALE WATCHING



Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$16.00 for adults and \$13.00 for children 2-11 years. Prices for fishing start at \$52.00 per person. Gear and license are extra.



LEGOLAND SPECIAL

**"Buy 1 day
get the
second day free"**

Ticket price is \$30.50

2006 ENTERTAINMENT BOOKS



The sooner you buy the sooner you'll start saving; so don't wait to get coupons to use at local restaurants, attractions, and more!

The 2006 Entertainment Books sell for \$25.00. Get them while they're hot!



SKI SEASON IS HERE!

Before you plan your ski vacation, check with ITT for discounted Ski Lift Tickets. Alpine Meadows \$40.00; Heavenly weekday \$57.00; weekend \$60.00. Mt. Rose \$36.00; Squaw Valley \$55.00.

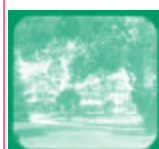
Lodging available with Best Western Truckee Tahoe. \$79.00 per night on weekdays and \$129.00 on weekends.

GIFT CHECK BOOK



Save money on our local dining, entertainment and retail establishments with the "Gift Check Book." This \$10.00 book is a must to have for the 2006 season!!! Hurry while supply lasts

MONTEREY'S HOTEL DEL MONTE HISTORY BOOK



Need a unique gift for visiting friends and family? Monterey's Hotel Del Monte History Book is now available for only \$15.00 This book is full of historical facts and amazing pictures of our beloved Hotel Del Monte.

SPORTS



ST. PATRICK'S DAY 5K RUN

March 17, 2006
Front Parking lot of the Gym
1500



Participants must be at the parking lot 15 minutes prior to the start of the race.

Fees: \$12.00 active duty, retiree, reserve & family member; \$13.00 DOD (includes event t-shirt). Kids can run for free (event T-shirt for \$6.00). 1st and 2nd place winners in each Men's and Women's age category. Overall male and female awards will be given.

DIVISIONS

MEN'S	WOMEN'S
17-29	17-29
30-39	30-39
40-49	40-49
50 & over	50 & over



RACQUETBALL POOL TOURNAMENT

March 1, 2, 6 & 7, 2006
Monterey Bay Athletic Club
1700-2100

Come join the fun! It is a round robin pool tournament. Categories are A, B, C & D depending on how many people are participating. Let us know what level you are. Fee: \$10.00 per player. Awards: First and second place will receive gift certificates to Club Del Monte.

For more information, call Sue at 656-2497 or 656-3118.



SPRING SOFTBALL LEAGUE

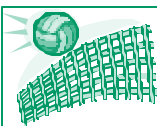
League begins: April 11, 2006
Roster due: April 6, 2006
Games days: Monday thru Thursday
Game time: 1810, 1910, 2010.

Coaches meeting: April 6, 2006 1600 at the Gym Sports Office.

SPRING VOLLEYBALL LEAGUE

League begins: April 11, 2006
Roster due : April 7, 2006
Games played: Every Tuesday
Game time: 1800, 1900, 2000

Coaches meeting: April 7, 2006 1600 at the Gym Sports Office.



For more information, contact Sue Robinson at 656-2497.

THERAPEUTIC MASSAGE



Help improve performance, decrease pain and promote relaxation!
(Male or Female therapist now available)

Fees: \$60.00 for 60 minutes massage session.
\$90.00 for 90 minutes massage session.

"Gift Certificates are available"

For appointments, please call 656-3118.



EXERCISE ACROSS AMERICA

March 6-May 8, 2006

Witness yourself travel great distances from San Francisco to New York, by earning miles performing any type of exercise (inside or outside the fitness center).

Cost: Free to members (specially designed t-shirts may be awarded with minimum of twelve people to sign up for \$10.00).

50+ FITNESS WEIGHT CLASS

May 1-26, 2006 (8 lessons)

This class is designed specifically to meet the physical and life-style needs of mature adults by providing a non-threatening, fun environment. The 50+ fitness program is a total body fitness program. Exercises have been chosen for their safety and effectiveness. Participants will improve endurance, flexibility, muscle strength and tone. Classes are \$40.00 per 8 lessons. Consult with Marcelo or Loy before signing up. For further information about the 50+ Wellness Program, please call 656-3118.

EXPERIENCE OUR NEW PERSONAL TRAINERS

The Fitness Center is proud to have two new personal trainers, Trace Riley and Peter Ibbott.

\$20.00 per 1/2 hour and \$40.00 per hour
\$225.00 for six 1 hour sessions

NEW HEALTH & WELLNESS COMPUTERIZED PHYSICAL ASSESSMENT (SMALL OR LARGE)

All tests and prescriptions are administered by a certified Fitness Specialist/trainer.

Cost:	Small	Large
Military, includes reserves	FREE	\$15.00
Family Members & Retirees	\$5.00	\$20.00
DOD	\$8.00	\$25.00

Contact the Fitness Center at 656-3118 for details.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
0630	PT READY CIRCUIT TRAINING		PT READY GROUP RUN		CARDIO KICK
1000		YOGA		YOGA	
1100	MUSCULAR POWER FLEX		MUSCULAR POWER FLEX		MUSCULAR POWER FLEX
1200	CARDIO KICK	SPIN	CARDIO KICK	SPIN	
1630		MUSCULAR POWER FLEX		MUSCULAR POWER FLEX	
1730	SPIN	STEP	SPIN	STEP	
1830		CAPOEIRA		CAPOEIRA	



HEALTHY KIDS

Every parent wants their child to stay safe and healthy. You teach them about the dangers of talking to strangers when they are small, and later, hopefully you talk with them about the dangers of drugs and alcohol. But many parents are forgetting one very important category when it comes to teaching their children how to live a happy and healthy life. They forget to teach them how to eat healthy.

With reports of childhood obesity epidemics making the news almost daily these days, parents need to begin educating their child to become a healthy eater.

But what can busy parents do to help turn off their child's hunger switch? According to the American Dietetic Association president and registered dietitian Julie O'Sullivan Maillet, "Education of parents and children is key to helping America's young people achieve and maintain a healthy weight." But do parents have time to educate their children these days, when their own lives are so busy they sometimes fail to eat a healthy meal themselves? "Parents can encourage healthy eating habits in their children by being a good role model: said Rallie McAllister, a physician specializing in weight loss and wellness.

*Make it difficult to eat poorly. Kids eat what's available to them. Make the kitchen kid-friendly—stock the fridge and cupboards with nutritious foods that are tasty and fun to eat. Designate a shelf or two as the "kids section". Put wholesome foods front and center, where kids can see and reach them.

Here are some additional ways parents can help to turn off their child's hunger switch:

< Reduce Fat: Set a goal of cutting back on the number of fatty foods your child eats. Be aware of the fat content in fast food menus these days, and teach your child that moderation is the key.

> Cut Out Sweets: This may send some parents into denial, but it is possible to cut the sweets intake of your child. Start slowly by substituting high-fat/high-sugar desserts with alternatives like applesauce, fruit salad and grapes. The trick is to offer something "unusual" that will pique their interest, for example, a bowl of applesauce with raisins in the shape of a smiley face.

> Push Protein: Most parents think that once they remove bad foods from their child's diet, everything will be okay. But they must remember to replace those bad foods with good foods. For example, encourage your child to eat more lean protein, fruit, whole grain, vegetables and low-fat dairy products.

> Encourage Exercise: Parents must lead the way and become the role model in this category. Encourage your child to be more active on a day-to-day-basis, and join them in walking, doing yard work, swimming, bike riding, etc. Children learn by example, and when parents set a good example by exercising, everyone wins.



CHILD DEVELOPMENT CENTER

"CDC is the place to be!"

2 La Mesa Way, Building 439

If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing, early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.

We also offer a
**Life Skills Readiness Part Day
Preschool Program &
Jellyfish Drop In Program**



The Child Development Home program offers **Navy certified care by military family members in their homes.**

Interested in pursuing a rewarding career and working at home? How

about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

All of our programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. Please call 656-2734 for more information.



**BOYS & GIRLS CLUBS
OF AMERICA**

The Tech Connection, Teen and Youth Center is a proud member of the Boys and Girls Club of America. We offer programs through the Boys and Girls Club of America.

JAZZERCISE FOR ADULTS



Classes are held every
Tuesday & Thursday 9:30-10:30 am.
Monday, Wednesday & Friday 4:30-5:30 pm.

Cost \$35.00 per month; \$25.00 bi-weekly;
\$5.00 per class

SPRING DAY CAMP



March 13-24, 2006

Fee based on total family income

Open to Military and DOD families.
Register by March 3, 2006

A \$20.00 deposit each week is required.

DANCE LESSONS



For military & DOD civilian families
Tuesdays & Thursdays



Tuesdays

Tot Ballet	3 year old	2:45-3:30
Pre-Ballet	5 year old	3:30-4:15
Ballet 1	6-8 year old	4:15-5:00

Thursdays

Creative Ballet	4 year old	2:45-3:30
Pre-Ballet	5 year old	3:30-4:15
Ballet 1	6-8 year old	4:15-5:00

Cost: \$38.00 per month
Instructor: Sherri Beck
from the Carmel Ballet Academy

To register, please call 656-2127.

For more information, please call
Carmel Ballet Academy at 624-3729.

UPCOMING SPORT EVENTS



TEEBALL/BASEBALL
March 27-June 3, 2006
Open to military and DOD families.
Register by March 1, 2006

Cost: \$45.00

For more information, call 656-2127.



TENNIS LESSONS



with Jimmie Brooks
La Mesa Tennis Court
Ages 6-15



Tuesdays: 3:45-4:45 pm
Thursdays: 4:00-5:00 pm

Open to military and DOD families.
Minimum 4 students per class.
Maximum 7 students per class.
Cost: \$72.00 per eight lessons
Private lessons are available by appointment.
Cost: \$35.00 per hour

To register, call the Tech Connection at 656-2127.

MWR FOCUS GROUPS

Interested in participating in one of our MWR
focus groups? To be included, please call
Mary Fernandez at 656-2502 or e-mail us at
mfernand@nps.edu.



The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

www.navyflyingclubs.com/monterey

MEMBERSHIP FEES

Monthly dues: \$25.00 Initiation fee: \$50.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club. Ground and Flight Instruction: \$25.00/hour.

COST SHARING: Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.

AIRCRAFT RENTAL RATES



Beech (T-34) \$100.00



Cessna 152 (IFR) \$64.00



Cessna 172 (IFR) \$78.00

All rates are on an hourly basis including fuel.

MONTEREY SAILING



**Breakwater Cove
32 Cannery Row Suite C.
Monterey, CA 93940
Tel: (831) 372-9463
Fax: (831) 372-9464
www.montereysailing.org**

Monterey Sailing provides opportunities for learning to sail in a safe, professional environment and then to continue sailing without the responsibility and expense of owning a boat.

Discounted instruction and charter rates are for Naval Postgraduate School Sailing Association members, only.

AMERICAN SAILING ASSOCIATION CERTIFICATION

Basic Keelboat	\$300.00		
Basic Coastal Cruising	\$350.00	Offshore Cruising	\$600.00
Bare Boat Chartering	\$350.00	Complete (BKB+BCC	
Coastal Navigation	\$600.00	+BBC)	\$900.00

Note: Minimum of three students per class.

BARE BOAT CHARTERS

Capri 14	\$20.00 /hour \$30.00/day
Prindle 16 Catamaran	\$20.00/ hour \$30.00/day
Santana 22, Capri 22, Ranger 23	\$15.00/ hour \$30.00/day
Buccaneer 30 (Hanalei)	\$25.00/hour \$40.00/day
Boston Whaler (13 Ft.)	\$20.00/hour \$70.00/day



MWR ADVISORY BOARD TO MEET WEDNESDAY 1 MARCH 2006

The next MWR Advisory Board Meeting is set for Wednesday, 1 March 2006, at 12:00 noon in the La Novia Room, Herrmann Hall, Bldg 220.

All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-2502.



MONTEREY PINES GOLF COURSE 19TH HOLE GRILL



FOOD SERVICE OPERATION

Monday - Thursday
7:30 am - 3:00 pm

Friday-Sunday
6:30 am - 3:00 pm

19th Hole Grill offers breakfast and lunch daily.

Wednesday Lunch Special
CHICKEN GUMBO WITH RICE
\$5.75

Come by for a treat from Jim Vose.

For more information, please call 656-2167.

Tournament dates available.
Military Tournament \$29.00/player.
Includes green fee, cart and prize fund.

GOLF SHOP SPECIALS



Purchase any two
Navy Collection articles
of clothing and receive \$15.00 off.

Purchase any piece of
Navy Collection clothing
and pay the twilight green-fee rate.

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



*About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

EARLY TWILIGHT SPECIALS

Monday-Thursday 1:00 pm twilight rates:

Military walking \$12.00
Military riding \$20.00 each player
Single rider \$22.00
Civilian walking \$17.00
Civilian riding \$24.00 each player
Single rider \$26.00

Monday-Sunday 3:00 pm super twilight rates:

Military walking \$10.00
Military riding \$17.00
Civilian walking \$12.00
Civilian riding \$20.00

For more details, call 656-2167.

NSD, MONTEREY (Area Code 831)

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2502.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays
Lunch: 10:45 a.m. - 1:30 p.m. Weekdays

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours).

Hours of Operation:

Beverage Service : 4:00 - 10:30 p.m. Monday - Wednesday
3:00 - 10:30 p.m. Thursday & Friday
Dinner Service : 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170.

CAFÉ DEL MONTE - Located next to Knox Library. Open Monday-Thursday 6:30 a.m.-4:00 p.m.; Fridays 6:30 a.m. - 2:30 p.m. Closed weekends and all federal holidays. Open for breakfast 6:30-8:30 a.m.; lunch 10:45 a.m.-2:00 p.m.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 1:30 p.m. 2:30 - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8:30 a.m. - 5:00 p.m. Closed weekends and federal holidays. Phone: 656-7954.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 1400-1800 while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days 0730-1800. Youth & Teen Open Recreation, 1400-1800 Monday through Friday while school is in session and 1100-1800 during breaks. Closed all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB - (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 a.m. - 4:00 p.m.; Sundays 11:00 a.m. - 4:00 p.m.; closed all federal holidays. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily at 6:30 a.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Office Hours Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 372-9463.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 9 a.m. - 5:30 p.m. Closed weekends and federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.

NPS U.S. POST OFFICE - Open Monday through Friday, 9:30 a.m.-3:30 p.m. Tel: 333-1734.

EAGLE'S EYE GALLERY - Herrmann Hall basement (Bldg 220). Open Monday through Friday 11:00 a.m. - 3:00 p.m. Tel: 372-3565/333-1734.



Peacock Press

Morale, Welfare and Recreation Department
Naval Support Detachment, Monterey
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!
www.mwr.nps.navy.mil